

# Elevating Aging-in-Community *in* Park Forest

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*A Strategic Guide*

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*Content developed by Planning/Aging  
in partnership with the Aging in a Changing Region  
program of the Metropolitan Mayors Caucus*

**January 2022**

# Executive Summary

Park Forest was one of five municipalities selected to participate during 2021 in the “Aging in a Changing Region” program, run by the Metropolitan Mayors Caucus, the Chicago Metropolitan Agency for Planning and Planning/Aging, funded by a grant from the RRF Foundation for Aging.

Planning/Aging led two public meetings and reviewed stakeholder and community input to identify strategies by which Park Forest could elevate its support of aging-in-community. The recommendations are in two categories. Policy Recommendations deal with Park Forest’s approach to and handling of its support for aging-in-community, while Programmatic Recommendations address Park Forest’s key aging-in-community challenges and opportunities.

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## Policy Recommendations

- Elevate and promote the Village’s commitment to aging-in-community
- Incorporate aging-in-community into key municipal conversations and initiatives
- Make aging-in-community a strategic priority in Park Forest’s current strategic planning
- Fight ageism and add equity to all aging-in-community communications
- Establish an Aging-in-Community Commission to play a policy advising and review role
- Designate village staff in multiple departments as aging-in-community point-persons
- Join and attend the MMC’s Age-Friendly Communities Collaborative and other regional aging-in-community activities
- Play a significant/leading role in south suburban aging-in-community initiatives and collaborations

## Programmatic Recommendations

- Review existing ordinances, plans & programs for their aging-in-community consistency
- Study Park Forest’s older adult housing market
- Support new efforts to establish an affordable south suburban regional home repair and modification program
- Revisit the Jolly Trolley and public transportation services within Park Forest
- Heighten & simplify overall awareness of existing older adult services
- Develop a handbook to help residents navigate aging-in-community issues and connect with available resources
- Establish an Older Adult Volunteer Corps
- Look for creative intergenerational opportunities

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It is up to Village staff, the Village Board, the recommended new Aging-in-Community Commission, and the community at large to review, select and prioritize from this list of strategic recommendations and develop specific implementation plans going forward. As Park Forest’s conversation about Aging-in-community is still at an early stage, additional ideas and strategies for supporting Aging-in-community can and should be added to this list.

## WHAT IS AGING IN COMMUNITY?

**Aging-in-community** refers to a coordinated municipality-wide effort to support the evolving needs and interests of its aging population.

**Aging-in-community** is inclusive of the narrower term “aging-in-place” which focuses on one’s dwelling, using a broader, community-level lens to identify a set of plans, programs, procedures, and services that in combination help support its older residents.

**Aging-in-community** is an important component of ‘livable community’ efforts that address the needs and interests of their residents throughout the lifespan.

Communities that support **aging-in-community** are by definition ‘age-friendly’ and ‘dementia-friendly’ communities.

Evidence from successful **aging-in-community** programs throughout the United States suggests that important indicators of the likely success of a municipality’s **aging-in-community** program include: issue champions amongst its elected officials, municipal staff leadership, and within the overall community; dedicated human and financial resources; and mindful coordination between **aging-in-community** and other key municipal priorities and stakeholder.

# The “Aging in a Changing Region” Program

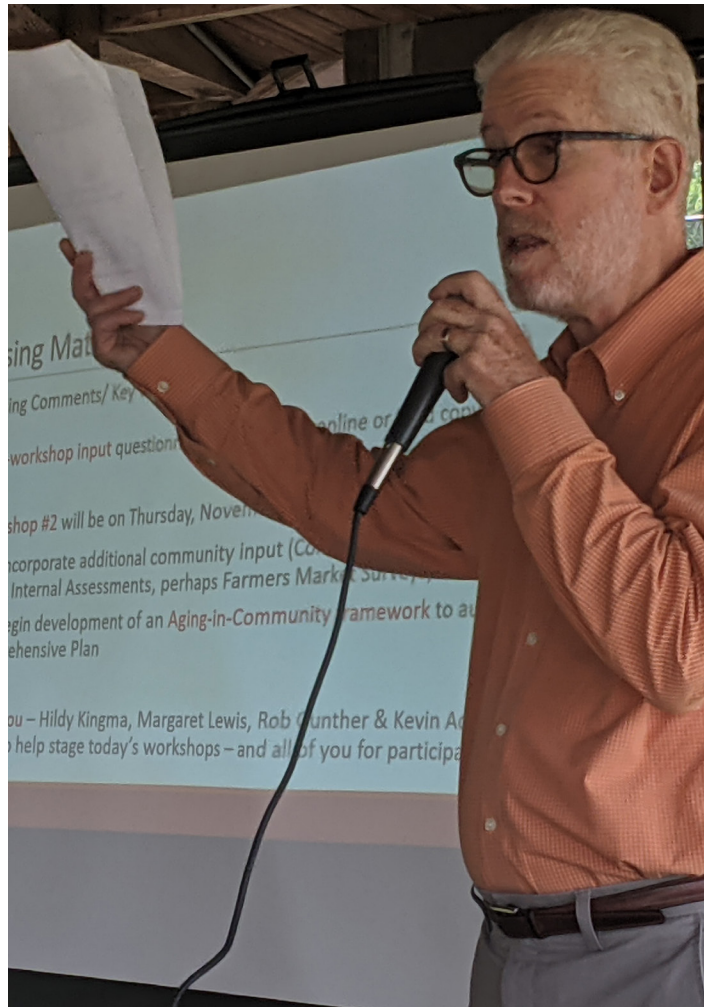
The metropolitan Chicago region – like most regions throughout the United States – is experiencing substantial growth in the number and percentage share of its older adult population. Municipalities throughout this region are likewise seeing such population shifts, and many municipalities are looking to develop strategies to address these shifts, and to support their growing older adult populations.

To assist these municipalities, three partner organizations – the **Metropolitan Mayors Caucus** (a membership organization of the Chicago region’s 275 cities, towns and villages), the **Chicago Metropolitan**

**Agency for Planning** (the regional planning organization for the counties of Cook, DuPage, Kane, Kendall, Lake, McHenry, and Will), and **Planning/Aging** (a consultancy focused on the intersection between city planning and the burgeoning aging population) in 2021 received grant funding from the RRF Foundation for Aging to support selected municipalities with these efforts. This program is called “Aging in a Changing Region” (AiaCR). The AiaCR partners are committed to the idea that regardless of where a municipality is in terms of discussing, planning and implementing strategies and projects that support its older adults as they age

in community, providing key community stakeholders with the AiaCR program's strategic guidance and assistance would help advance their aging-in-community efforts.

In March of 2021, MMC put out a call for interested municipalities to apply to participate in the AiaCR program. Each interested municipality submitted an application that combined a self-assessment of where they stood in their aging-in-community work to date, what their aging-in-community goals were, and what type of assistance they envisioned to help them advance towards their goals. The AiaCR partners designed the application and selection process to attract a wide range of communities and were pleased in June 2021 to introduce a 2021 Cohort of municipalities – Bensenville, Calumet City, Hawthorn Woods, Mount Prospect and Park Forest – that reflect the region's broad diversity in terms of community geography, socio-economic factors, community type, and aging-in-community experience.



## Municipal Workshops

A key element of AiaCR was to be a pair of educational and strategic workshops that Planning/Aging would plan and conduct in each selected municipality. Once the 2021 Cohort was selected, Planning/Aging engaged in a series of planning conversations with a core team of municipal point persons to identify each community's aging-in-community goals, and to develop unique strategies for their two public workshops. While certain aspects of the workshops bore

similarities between municipalities, many aspects such as timing, target audiences and structure were completely unique to each municipality, due to each community's specific preferences, as expressed by their core team.

At each workshop, Planning/Aging provided educational background on aging-in-community to help attendees get onto the same page as to what the term means, and to help build support

for aging-in-community, which was framed as being consistent with the often-cited term “livable communities for all ages” as community values typically held by older adults – appropriate and affordable housing options, well-managed and reliable transportation services, convenient goods and services, accessible safe places to gather, access to and engagement opportunities with community matters, and responsive municipal and sister agency staff and governance – have been found to be virtually identical to the values also identified by younger adults. Planning/ Aging also pointed out the compatibility between prominent national and international frameworks that some communities choose to utilize – notably the “Age-Friendly Community” designation offered by the World Health Organization (and its domestic affiliate AARP) and the “Dementia-Friendly” designation offered by Dementia-Friendly America – and the unique community-specific aging-in-community programs that many other communities choose to develop. Park Forest can choose whichever path to supporting aging-in-community best fits its community needs, assets, and interests.

Community planning engagements typically include



## WHAT THIS DOCUMENT ISN'T

- ✘ **ISN'T** a detailed physical plan document with specific infrastructure or other capital projects identified and costed out, with their implementation details outlined
- ✘ **ISN'T** a compendium of 'best practices' from other local or non-local municipalities – while identifying certain approaches from elsewhere can be valuable as references, anything planned for Park Forest should be tailored to the specifics of Park Forest
- ✘ **ISN'T** a write-up of a rigorous, data-driven assessment and planning process with a precise schedule for future evaluations and updates, as Park Forest's involvement with the AiaCR program was a qualitative assessment of current conditions and potential future efforts and strategies



## WHAT THIS DOCUMENT IS

- ✔ **IS** a practical strategic guide intended to help Park Forest elevate its current support of aging-in-community – designed to be used as an ongoing resource, not to gather dust on shelves due to its unreadability or impenetrability
- ✔ **IS** specific topical recommendations of further actions Park Forest may choose to take, either through utilization of its existing resources, joining with other entities in collaborative activities, or by engaging external partners
- ✔ **IS** a working framework of specific action steps that Park Forest can take to elevate its support of aging-in-community, and which can be modified, adapted, or augmented at any point to even better meet evolving community needs



an assessment of and collecting input about a community's historic and current assets and challenges. The limited scope of the AiaCR engagement required a more streamlined assessment and input process. Prior to the first workshop in each 2021 Cohort community, Planning/Aging spoke with key community stakeholders, reviewed available guidance documents such as the community's Comprehensive, Housing, Transportation and other relevant plans, and reviewed – if available -- recent surveys on residents' perceptions about their communities. In addition, each community was asked to have key internal stakeholders complete an assessment of the degree to which their agency or department currently supports their growing older adult population and offer insights as to their challenges or opportunities.

The highlights from these various input sources were presented at the workshops,

augmented by a facilitated discussion that engaged participants to drill down on key questions about their own aging-in-community experiences – with residents sharing how they perceive the community will be able to support them going forward, and with internal stakeholders considering ways they might be able to augment or modify their current services to even better support aging-in-community in the future.

The workshops were carefully documented with notes and photographs taken by the AiaCR team and municipal stakeholders. In several instances, the workshops were recorded and made available on municipal websites. In all instances, the workshop presentations and other related materials were given to the municipalities, so that these materials could be made widely available.

# Park Forest's Aging-in-Community Context

Park Forest's population is aging -- its 65 years old and over population is comparable to Cook County's and has grown from 12.7 percent in 2010 to about 14.7 percent in 2020. In addition, Park Forest's 35 to 49 years old and 50 to 64 years old population groups are higher than are Cook County's overall, suggesting that Park Forest's population will continue to steadily age in future decades.

In its' AiaCR application, the Park Forest core team – consisting of newly-retired Director of Economic Development and Planning Hildy Kingma, Community Health Coordinator Margaret Lewis, and Director of Recreation, Parks and Community Health Rob Gunther – self-assessed that Park Forest was at the 'Early Involvement'

stage of dealing with aging-in-community. They identified involvement with the AiaCR program as a good opportunity to continue to build Park Forest's older adults' knowledge base of available aging-in-community assets and resources, and they identified benefits to establishing an aging-in-community framework that would link to the Comprehensive Plan (*as do other of Park Forest's municipal plans and strategies*).

Park Forest's guidance documents – its Comprehensive Plan, Strategic Plan, Sustainability Plan, and other area and policy plans – while not specifically referencing aging-in-community, do identify goals and strategies that would be consistent with it.

## Park Forest is Steadily Aging

	Park Forest		Cook County		CMAP Region	
	Count	Percent	Count	Percent	Count	Percent
Under 5	875	4.1%	322,193	6.2%	518,065	6.1%
5 to 19	4,718	21.9%	946,085	18.2%	1,644,152	19.4%
20 to 34	3,830	17.8%	1,191,506	22.9%	1,794,152	21.1%
35 to 49	4,672	21.7%	1,032,143	19.9%	1,701,494	20.1%
50 to 64	4,299	19.9%	965,178	18.6%	1,635,766	19.3%
65 to 74	1,938	9.0%	421,947	8.1%	691,947	8.2%
75 to 84	972	4.5%	221,513	4.3%	346,833	4.1%
85 and Over	259	1.2%	97,710	1.9%	150,858	1.8%
Median Age	39.3		36.8		37.5	

Source: Chicago Metropolitan Agency for Planning Community Snapshots

<https://www.cmap.illinois.gov/documents/10180/102881/Park+Forest.pdf>

# Park Forest's Public Workshops

- The goals of the public workshops were to provide general educational background on, build community support for, and support an ongoing conversation about aging-in-community in Park Forest
- For each of the two public workshops, the Village's core team led the publicity and outreach efforts, and Planning/Aging led the workshops themselves and made short presentations on aging-in-community
- The highlights of the workshops were facilitated discussions at which residents shared their experiences living and aging in Park Forest and identified key issues and challenges of aging-in-community that they have experienced
- In preparation for the public workshops, Planning/Aging:
  - Worked with the Village's core team to develop workshop focus and logistics
  - Reviewed Park Forest's key guidance documents and other relevant materials
  - Developed and reviewed responses to the internal stakeholders' assessment questionnaires
  - Developed questions for the workshop facilitated discussions
  - Reviewed the results of the 2021 Community Survey
- Park Forest's Workshop #1 was a pair of public meetings held on Thursday, September 2, 2021. Due to COVID-19 concerns, the 1pm meeting was held outdoors in an open-air Central Park

pavilion, and the 7pm meeting was held in the socially distanced Dining on the Green facility. A total of approximately 48 residents attended the meetings, in addition to many municipal officials and aging network organizational attendees.

- Park Forest's Workshop #2 was held midday on November 4, 2021. Approximately two dozen residents participated, many of whom had also attended Workshop #1. As the results had been collected and analyzed by this time, a review of Community Survey input was included in the Workshop #2 presentation.

## Observations from the Park Forest Public Workshops

Over the course of engaging with Park Forest stakeholders and residents throughout much of 2021 and review of input from the 2021 Community Survey, Planning/Aging received a good deal of input about the experience of living and aging in Park Forest, and offers these observations:

- Many of Park Forest's residents and key stakeholders proudly maintain the Village's founding ethos as an intentional, progressive, and diverse community, and are trying to balance this ethos in the face of the challenges of living and aging in current times
- Municipal stakeholders evidenced their commitment and cautious optimism about remaining able to serve increasing numbers of older adult residents in the future





- Municipal stakeholders identified concerns over the need for better communications with residents, residents developing a better understanding of the difference between services that Park Forest's government can and cannot provide, and residents better differentiating between emergency and non-emergency services
- Many internal stakeholders indicated a need for more training on how to deal with individuals with cognitive issues, and wanting a more comprehensive knowledge of non-Village provided services, so they could provide better referrals to residents
- Park Forest residents are active, engaged, and vocal, as evidenced by the turnout of over 70 residents at the workshops (*some residents attended both the September and the November workshops*) despite COVID-based concerns about social distancing
- Residents responded overwhelmingly positively about Park Forest's municipal government and the services that the governmental departments provide
- Residents indicated they get information about activities in town via a range of hard copy, digital and telephone communication, and that they generally feel adequately engaged in civic affairs
- Many residents identified housing-related concerns such as the difficulty of living in their current multi-level homes, and a variety of private property maintenance concerns and public property concerns such as undermaintained paths and pedestrian cut-throughs
- Residents also expressed concerns about several other issues: inadequate older adult transportation services; the scattered nature of information availability and dissemination; public safety; and vacant buildings and missing retail services
- While many of the residents' concerns expressed at the workshops are addressed in this document, certain others are more appropriately addressed at other existing municipal forums, for example public safety concerns are better addressed with the Fire and Police Advisory Council
- Other resident concerns raised at the workshops – such as taxes or missing retail businesses in Park Forest – while certainly significant to residents' experiences of living and aging in Park Forest are best addressed with the appropriate village department or with the appropriate standing board or commission

# Recommendations for Elevating Aging-in-Community in Park Forest

The following recommendations are divided into two categories: Policy and Programmatic. The Policy recommendations primarily deal with Park Forest's approach to and handling of its support for aging-in-community. The Programmatic recommendations are topical and address Park Forest's key specific aging-in-community challenges or opportunities.

It is important to note that implementing most of the Policy Recommendations would be revenue neutral as they would not require additional staff or funding, rather they would take little more than placing an aging-in-community lens on existing operations and more efficiently leveraging existing resources. In addition, implementing many of the Programmatic Recommendations could be done in good part by drawing upon existing community or previously secured resources, and creative external partnerships.

## Policy Recommendations

**Elevate and promote the Village's commitment to aging-in-community.** Park Forest needs to express its support for aging-in-community more visibly. This starts with the Village's website, which currently evidences little support for aging-in-community (*one exception – the "Senior Opportunities" page is two clicks away from the home page*). A comprehensive evaluation and reworking

of the website – beginning with the home page, on which a clear statement such as "We actively support aging-in-community!" can set a tone, followed by a continuity of commitment and purpose on appropriate pages such as the 'Village Services', 'Government', 'Live' and 'Discover' pages. Additionally, the Village Board can develop and adopt an official proclamation expressing its support for aging-in-community, which in addition to being a standalone indication of commitment, can be referenced on the Village website. A standalone "Aging-in-Community" page would be a good place to gather all relevant information.

**Incorporate aging-in-community into key municipal conversations and initiatives.** A key factor to building a robust aging-in-community program is positioning it within a whole-of-government framework. To do this, aging-in-community should become an important lens through which all proposed or existing village-wide plans, programs or strategies are viewed and evaluated -- regardless of whether the initiatives are seen primarily as benefitting Park Forest's sustainability, housing, open space, or economic development agendas. The evaluation should ask: how do or how would these plans, programs or strategies impact our older adult population? In doing this type of evaluation, the Village will likely find that the impacts on the older adult population are often consistent with the impacts on the overall population –



this underscores the concept that support for aging-in-community is an important component of being a livable community for all ages.

**Make aging-in-community a strategic priority in Park Forest's current strategic planning.**

As Park Forest's current older adult (*65 years old and over*), as well as its future older adult (*currently ages 35 through 64 years old*) populations are above the overall Cook County and regional figures, support for aging-in-community may constitute an appropriate multiple year strategic priority. Identification of aging-in-community as a strategic priority would underscore the Village's commitment as discussed above.

**Fight ageism and add equity to all aging-in-community communications.**

Consciously frame all references to Park Forest's community as one in which older adult residents are seen and characterized as civic assets and resources to be leveraged, rather than viewed solely through a needs-based or a medical lens. A fine existing example is the specific inclusion of "retirees" as appropriate

candidates for the Civic Leadership Academy. In addition, practicing aging equity should be viewed and characterized in a similar manner as the system-wide equity evaluation that Park Forest underwent as part of the recent National League of Cities' REAL (*Race, Equity and Leadership*) project.

**Establish an Aging-in-Community Commission to play a policy advising and review role.**

A new ongoing entity would be invaluable to playing a key aging-in-community policy role. This entity might include a broad range of members representing the public and private sectors, including key stakeholders (*faith communities, community organizations, sister agencies such as the library, schools, the parks, and aging network organizations*), and residents including, but not limited to, older adults, who – with Board and staff liaison support – might be charged with: reviewing development/redevelopment proposals as to their impacts on aging-in-community; preparing and presenting to the Village Board an annual 'State of Aging-in-Community' status report; and helping develop and

maintain an aging-in-community handbook recommended below. The Village may roll this function into the existing “Senior Citizens Advisory Commission” whose current charge is to ‘assist the Village in presenting information and education to the public on matters relating to seniors’ or it may decide that the two roles – policy and education – are complimentary and best achieved by two companion bodies.

**Designate Village staff in multiple departments as aging-in-community liaisons.**

While the Community Health Coordinator already plays this role for the overall Park Forest municipal government, it is likely that some residents do not know this and may search for who to contact on a department-by-department basis. Designating and publicizing a specific staff person in each key public-facing department as their

aging-in-community liaison would make the government more accessible to older adults as well as more efficient, as for instance a resident wanting to report a sidewalk or trail upkeep concern would ideally be able to make such a report to the designated aging-in-community staff person within the Public Works Department rather than search various departments for the appropriate way to do so. The aging-in-community liaisons should meet regularly and share contacts to learn from one another and address issues proactively and in a coordinated manner.

**Join and regularly attend the MMC’s Age-Friendly Communities Collaborative and other regional aging-in-community activities.**

The quarterly Age-Friendly Communities Collaborative meetings typically include representatives of several dozen regional municipalities involved with aging-in-community activities and provide topical knowledge and peer-to-peer learning opportunities. Involvement with the Collaborative serves as a good portal to other regional aging-in-community activities sponsored by a range of stakeholder entities, such as the bi-monthly American Society on Aging topical roundtables (*see the Appendix for further information*).

**Play a significant/leading role in south suburban aging-in-community initiatives and collaborations.**

Consistent with its inception as a planned community, Park Forest has long played a strong leadership role within south suburban planning and economic development collaborative organizations and their initiatives. While south suburban aging-in-community, public health or livable communities’ initiatives are intermittent or in their nascent stages,



Park Forest should continue to look for opportunities to play a significant or leading role in such evolving efforts.

## **Programmatic Recommendations**

### **Review existing ordinances, plans & programs for their aging-in-community consistency.**

As part of Park Forest's effort to fight ageism and add equity to its aging-in-community program, staff should conduct a system-wide review of its policies, procedures, and practices to identify any language or requirements that explicitly or unintentionally undercut support for aging-in-community, and work with the Aging-in-Community Commission to remedy any findings. This effort could be similar to the racial equity review that the Village underwent as part of the REAL project.

### **Study Park Forest's Older Adult Housing market.**

Many residents indicated or anticipate future concerns that their current housing situation would not appropriately support their desire to age well and safely, primarily due to the need to navigate stairs to access fundamental living or support spaces such as bathrooms or laundries. While Park Forest's housing inventory includes many ranch-style single-level homes, it is not clear whether there would be enough such units to serve older adults looking to possibly relocate in the future. Performing or commissioning an older adult housing market study would help quantify possible market gaps and inform future housing-related policy decisions, including preferred use mixes for potential future Park Forest redevelopment sites. This study might also look for affordable and appropriate modification solutions for some of Park Forest's more common housing types.

### **Support new efforts to establish an affordable south suburban regional home repair and modification program.**

The AiaCR partners have recently convened a conversation about the demand for a south suburban affordable home repair and modification program with potential program partner organizations, specifically to help support older adults aging throughout south suburban Cook County. Park Forest should look to become involved and to play an important role and offer knowledge and support for this nascent program.

### **Revisit the Jolly Trolley and public transportation services within Park Forest.**

Both the Community Survey responses and the public workshops confirmed the vast under-utilization of the Jolly Trolley and public transportation overall in Park Forest. As the RTA is currently doing Strategic Planning, the time appears right to pull back and take a multiple agency big picture look at the service days/hours, routes, marketing strategy and potential enhanced connectivity between the Jolly Trolley, Pace and RTA public transportation in the Village to increase their ridership and aging-in-community benefits.

### **Heighten & simplify overall awareness of existing older adult services.**

All parties – residents, internal stakeholders, and community partners – indicated that they possessed incomplete or inadequate knowledge about the range of older adult-benefitting services provided by municipal, aging network, faith-based, sister agency, for profit and other providers. The Rich Township Senior Center in DownTown Park Forest provides resources and information on many services, but it might prove beneficial for the new Aging-in-Community Commission, working in tandem with the Village's newly-designated aging-in-



community liaisons to evaluate issues of community knowledge and staff training gaps and to develop a coordinated information access strategy. This effort could incorporate or leverage existing community resources such as the Senior Opportunities page on the Village's website.

**Develop a handbook to help residents navigate aging-in-community issues and connect with available resources.**

Residents have expressed questions and concerns about important issues – ranging from housing and property maintenance and upkeep issues to transportation to available services for older adults – that highlight a lack of understanding about existing municipal and external programs and services that can impact their aging-in-community experiences. Internal stakeholders confirm that these residential questions and uncertainties often translate into resident frustrations. All parties agree that an aging-in-community handbook would be a valuable asset to help residents navigate aging-in-community. As a component of the AiaCR program, CMAP will provide technical assistance to support the development of such a handbook, ideally working with the new Aging-in-Community Commission to scope, develop, and identify maintenance procedures for the handbook.

**Establish an Older Adult Volunteer Corps.**

As suggested by a resident at Workshop #2, Park Forest might easily leverage the deep well of experience and knowledge possessed by its older adult population and draw upon them to help lead community training workshops, provide mentorships, etc. This could supplement the existing call for volunteers on the Village's website, and there might be potential program partners within Park Forest's faith-based and civic communities.

**Look for Creative Intergenerational Opportunities.**

Residents bemoaned both a lack of positive interactions with younger people and a lack of certain technical knowledge, a lack of snow shoveling or other outdoor maintenance and upkeep. This may be the kernel of possible intergenerational opportunities, in need of developing enhanced connections with existing community organizational partners and the identification of potential mutually benefitting projects.

# Aging-in-Community Resources

Listed below are some of the better centralized document repositories at which to find aging-in-community resources. There may be some redundancies as certain documents may be included in multiple repositories. Some of these repositories will provide links to additional resources. Carefully evaluate any resources found here for their applicability to Park Forest's specific needs.

## Aging in a Changing Region Partner Organization Resources

### [AFCC REPOSITORY - Google Drive](#)

This repository is maintained by the Metropolitan Mayors Caucus and includes both resource materials and documents developed for its Age-Friendly Communities Collaborative.

### [Home - CMAP \(illinois.gov\)](#)

The Chicagoland Metropolitan Agency for Planning (CMAP) is the federally designated metropolitan planning organization for the seven-county metropolitan Chicago region, and develops and provides plans, programs, and other initiatives.

### [94b4305c-4586-4bd3-acf1-e177194f8820 \(illinois.gov\)](#)

CMAP developed this Aging in Place white paper in 2016.

### [Planning Aging-Supportive Communities](#)

This 2015 American Planning Association (APA) Planners Advisory Service report was primarily authored by Brad Winick of Planning/Aging. APA members can download the report for free, others are required to purchase it for \$25.

## Local/Regional Aging-in-Community Aging Network Organizations Serving Park Forest

### [Home - AgeOptions](#)

AgeOptions (*formerly known as the Suburban Cook County Area Agency on Aging*) is designated by the federal Older Americans Act and the Illinois Department on Aging as the planning and service agency for the 30 townships surrounding Chicago, and supports partner agencies to provide a wide range of aging-in-community services

### [Senior Services | My Site \(richtownship.org\)](#)

Rich Township includes a large portion of Park Forest, and provides a number of supportive services for older adults, including operating the Rich Township Senior Center in downtown Park Forest

### [Senior Services | Bloom Township, IL](#)

Bloom Township includes a small portion on Park Forest's eastern edge, and it provides a range of supportive services for older adults within its boundary

### [Senior Page | Monee Township, IL](#)

Monee Township includes a portion of southern Park Forest, provides certain older

services including transportation services both within and beyond Monee Township

### [Senior Community-Based Services \(catholiccharities.net\)](http://catholiccharities.net)

Catholic Charities South Suburban Senior Case Management Services is the central access point for older adults throughout southern and southwestern Cook County – including those who live in Rich and Bloom Townships – and it provides a wide range of home and community-based services

## Aging-in-Community General Resources

### **ASA Roundtables**

The local chapter of the American Society on Aging stages free bi-monthly topical Roundtables, often on aging-in-community topics. Currently being staged virtually due to COVID-19, they had previously been presented at Rush University Medical Center in Chicago. Bonnie Ewald ([Bonnie\\_Ewald@rush.edu](mailto:Bonnie_Ewald@rush.edu)) serves as the roundtable coordinator.

### [AARP Livable Communities Publications and Resources](#)

This repository is the best location at which to explore AARP's many resources, including its Livable Communities initiatives and publications, and the AARP Network of Age-Friendly States and Communities.

### [Resources for Age-Friendly Communities | The Henry and Marilyn Taub Foundation](#)

The New Jersey-based Taub Foundation includes aging-in-community as one of its primary focus topics, and maintains a comprehensive and well-organized aging-in-community library.

### [Age-Friendly Resources | Grantmakers in Aging \(giaging.org\)](#)

New York City-based Grantmakers-in-Aging

is the preeminent membership organization for philanthropies focused on aging issues. It maintains a resource center full of GIA-funded and other resources.

### [Publications \(usaging.org\)](http://usaging.org)

Washington DC-based USAging (formerly the National Association of Area Agencies on Aging – “n4a”) maintains an extensive searchable database of primarily n4a-sponsored reports and other documents.

### [Research \(ncoa.org\)](http://ncoa.org)

The Washington DC-based National Council on Aging (ncoa) provides research articles and other materials for older adults, caregivers, aging professionals and advocates, primarily developed by ncoa staff and its partners.

## Planning Resources

### [Search \(planning.org\)](http://planning.org) (*American Planning Association resources search results for “aging-in-community”*)

The American Planning Association maintains a resource library searchable by topic, including this link to aging-in-community resources.

## Transportation Resources

### [Aging and Disability Transportation Overview | NADTC](#) (*National Aging and Disability Transportation Center*)

The National Aging and Disability Transportation Center (NADTC) is a program initially funded in 2015 by the Federal Transit Administration and administered by Easterseals and the National Association of Area Agencies on Aging (n4a). Its



resource center provides information on transportation for older adults and people with disabilities.

### [Home - National Center for Mobility Management](#)

The National Center for Mobility Management is a program of NADTC that focuses on and maintains resources on person-centered transportation services.

## Housing/Aging-in-Place Resources

### [North West Housing Partnership - Affordable Housing, IL \(nwHP.net\)](#)

This northwest metropolitan Chicago area suburban five-town collaborative runs several housing programs, including their Handyman Program which helps support aging-in-place and aging-in-community.

### [Aging in Place Resources | Aging In Place Resources for Seniors Living at Home](#)

Aginginplace.com is maintained by its Oregon-based founder Patrick Roden, a nurse by training, and it maintains a comprehensive set of resources dedicated to supporting older adults aging in place.

### [Welcome - HomesRenewed™ Resource Center](#)

HomesRenewed was founded by Maryland-based contractor and aging-in-place advocate Louis Tenenbaum and its website provides various aging-in-place materials and resources.

### [Aging in Place: Growing Older at Home | National Institute on Aging \(nih.gov\)](#)

The National Institute on Aging is a program of the U.S. Department of Health & Human Services, and has developed a database of aging-in-place resources.

## Ageism Resources

### [Home \(reframingaging.org\)](#)

The Reframing Aging Initiative began in 2012 as a shared initiative of eight national aging organizations to find out how the American public perceives of aging, and once it was determined that this perception was negative, developing an infrastructure of strategies and techniques to convey more positive and supportive messaging. This website offers many tools and resources.

## Intergenerational Resources

### [Resources - Generations United \(gu.org\)](#)

Generations United is the preeminent national advocacy and informational organization supporting intergenerational collaborations, programs, and policies. Established by a group of organizations that focused on different portions of the lifespan, it maintains a resource library.

# Acknowledgements

## Residents

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## ABOUT THIS DOCUMENT

*This document itself was produced to be supportive of aging-in-community. All of the graphic details – font selection, a minimum 12-point font size, page layouts, the inclusion of graphics, avoiding the use of reversed-out text on light colored backgrounds, etc. – were made to make this document easily legible for anyone with visual sensitivity issues. Just as the body of this document makes the case that municipal decisions supportive of aging-in-community are innately supportive of livable communities for all ages, this document itself should be seen as innately supportive of readers of all ages.*

*One final aging-in-community recommendation is that all municipal documents, websites, social media postings, etc. should consciously strive to be easily legible for all viewers, including – but not limited to – older adults.*